

Course: Grade 10 Physical Education

Location: 119 (Memorial Gym) & 115 (Foundation Gym)

Teacher: Mr. Aiken (raiken@emsb.qc.ca)

Remediation: Day 1 after school & Day 7 at lunch in 119

Course Description: *Physical Education is the opportunity for students to learn, develop and improve skills. Students will participate in both team and individual activities. Frequency is 2 on 7 cycle days.*

	TERM 1 (20%)	
<i>Competencies Targeted</i> Competency 1: Performs movement skills in different physical activity settings. Competency 2: Interacts with others in different physical activity settings. Competency 3: Adopts a healthy, active, lifestyle.	<i>Evaluation Methods</i> Participation , game evaluation, individual skill assessment, quizzes, fitness testing, written responses & reflections	<i>Timeline</i> Every class.
	TERM 2 (20%)	
<i>Competencies Targeted</i> Competency 1: Performs movement skills in different physical activity settings. Competency 2: Interacts with others in different physical activity settings. Competency 3: Adopts a healthy, active, lifestyle.	<i>Evaluation Methods</i> Participation , game evaluation, individual skill assessment, quizzes, fitness testing, written responses & reflections	<i>Timeline</i> Every class.
	TERM 3 (60%)	
<i>Competencies Targeted</i> Competency 1: Performs movement skills in different physical activity settings. Competency 2: Interacts with others in different physical activity settings. Competency 3: Adopts a healthy, active, lifestyle.	<i>Evaluation Methods</i> Participation , game evaluation, individual skill assessment, quizzes, fitness testing, written responses & reflections	<i>Timeline</i> Every class.

Progress reports will be issued in mid-October

END OF YEAR RESULT: *Term 1 (20%) + Term 2 (20%) + Term 3 (60%) = 100%*

Additional Information:

- ***All students are expected to participate in all classes.*** A doctor's medical note must be provided for a student to be excused from participation in P.E. class due to illness or injury. Evaluation in P.E. is ongoing; it happens every class.
- *Students should arrive to P.E. class wearing the proper PE uniform – Royal West burgundy t-shirt, Royal West grey or blue shorts, athletic socks & footwear. Shoes need to have laces and provide adequate support. Shoes cannot be all black & must have non-marking soles. RWA sweatshirts and sweatpants are permitted for classes. **Please mark students' names on clothing tags!***
- *The regular P.E. uniform is expected for class on "dress down" & spirit days.*
- *Our locker rooms are available for students to get changed before and after class. There will be sufficient time allotted, at the teacher's discretion.*

- **Locks are given to the students, specifically for P.E. and strongly recommended;** they must be removed at the end of each class. Feel free to use a sharpie to mark initials on the back of the lock in order to distinguish one from the others.
- For safety purposes, hair must be properly secured; most jewelry must be taken off for classes.
- No eating or chewing gum in the gyms.
- Water fountains will be available to students. Bringing one's own water bottle is encouraged.